



Urgent care

Neck exercises

To complete the neck exercises below, make sure you are in a sitting position.

A) Turn your head to one side until you feel a stretch. Hold for 5 - 10 seconds and then relax and do the same on the opposite side. Repeat 5 - 10 times.



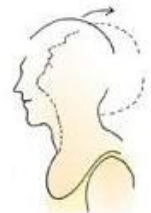
B) Tilt your head towards one shoulder until you feel the stretch on the opposite side. Hold in this position for 5 seconds then do the same on the opposite side. Repeat 5 - 10 times.



C) Bend your head forwards until you feel a stretch behind your neck. Hold in this position for 5 - 10 seconds then relax. Repeat 5 - 10 times.



D) Bend your head backwards as far as is comfortable and hold for 5 seconds then relax. Repeat 5 times.



Head lifts

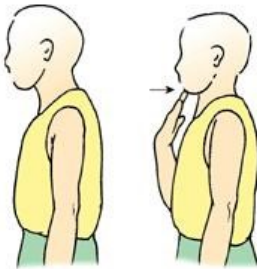
Lie on your back on a bed or on the floor (with a folded towel or pillow under your head, if more comfortable). Gently press the back of your head towards the floor while pulling in your

chin until you feel the stretch on your upper neck. Hold in this position for 5 - 10 seconds then relax. Repeat this 5 - 10 times.

Do not clench your teeth while doing this exercise.



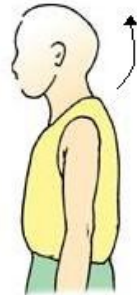
Chin tucks



Sit or stand with good posture and tuck your chin in but don't look down. Gently pull your head back as though nodding your head or trying to make a double chin. You can put your hand on your chin for a guide if needed. Hold in this position for 5 - 10 seconds then relax and repeat 5 - 10 times.

Shoulder lifts

Either sit or stand and lift your shoulder towards the back of your head in a shrugging motion then relax. Repeat 5 times.



Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the Patient Advice and Liaison Service on freephone 0800 328 7971.

For further advice please contact:

Abingdon Minor Injury Unit	01865 903 476
Henley Minor Injury Unit	01865 903 755
Witney Minor Injury Unit	01865 903 841
Wallingford First Aid Unit	01865 903 471
Bicester First Aid Unit	01865 903 976

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

আপনি যদি এই তথ্যাদি অন্য কোন ভাষায় বা মাধ্যমে (ফরমেট) পেতে চান তবে দয়া করে আমাদেরকে বলুন

જો તમને આ માહિતી બીજી ભাષામાં અথবা બીજા આકારમાં જોઈએ, તો કૃપા કરીને અમને પૂછો

यदि आपको यह जानकारी किसी दूसरी भाषा या आकार में चाहिए हो तो कृपया हम से पूछें

若您需要本信息的另一种语言或格式的文本，请与我们联系

নেবৰ ব্ৰহ্মাণ্ড চিত্ৰ সন্তৰালী বিদী ভূমী ভাষা না স্নবল হিঁচ চাটীচী টেই তা বিবনা অব ডে সত্ৰী খুই

اگر آپ کو یہ معلومات کسی دوسری زبان میں یا کسی دوسرے طریقے سے درکار ہیں تو براہ کرم ہماری نم سے پوچھیں۔۔

Oxford Health NHS Foundation Trust

Trust Headquarters

Warneford Hospital

Warneford Lane

Oxford OX3 7JX

Switchboard 01865 901 000

Email enquiries@oxfordhealth.nhs.uk

Website www.oxfordhealth.nhs.uk

This service is part of our Older People Directorate.

OP 153.15